SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14

SHE WEARS IT WELL

STYLE ICON JEANNE BEKER SHARES HER STORY OF HAVING IT ALL — MOTHERHOOD AND A CAREER — TO MARK INTERNATIONAL WOMEN'S DAY PAGE 18

WINNIPEG metro®
Thursday, March 8, 2012
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Our Mr. C is big on smarts

A-plus. Winnipeg teacher competing for Canada's Smartest Person title, a competition that draws on the Theory of Multiple Intelligences to pick well-rounded competitors

SHANE GIBSON
shane.gibson@metronews.ca

A teacher from Winnipeg may very well be the smartest person in Canada.

Vincent Massey Collegiate science teacher Dr. Marshall Carroll is one of four cerebral Canadians set to compete on the upcoming CBC special Canada's Smartest Person.

"It's not just a high IQ that's going to win it, you have to show intelligences in different branches of knowledge," explained the 49-year-old, who has been teaching at the school for 20 years. "Some of them I had, and others, well, they were stretches."

Carroll was picked for the show after applying last December and he flew to Toronto late last month for a whirlwind 17-hour taping session.

During the two-hour-long special, Carroll will square off against a spoken-word artist from Toronto, a cellular and molecular biologist from Mississauga and Hamilton Tiger-Cat Peter Dyskowski, who has Mensa-approved intelligence.

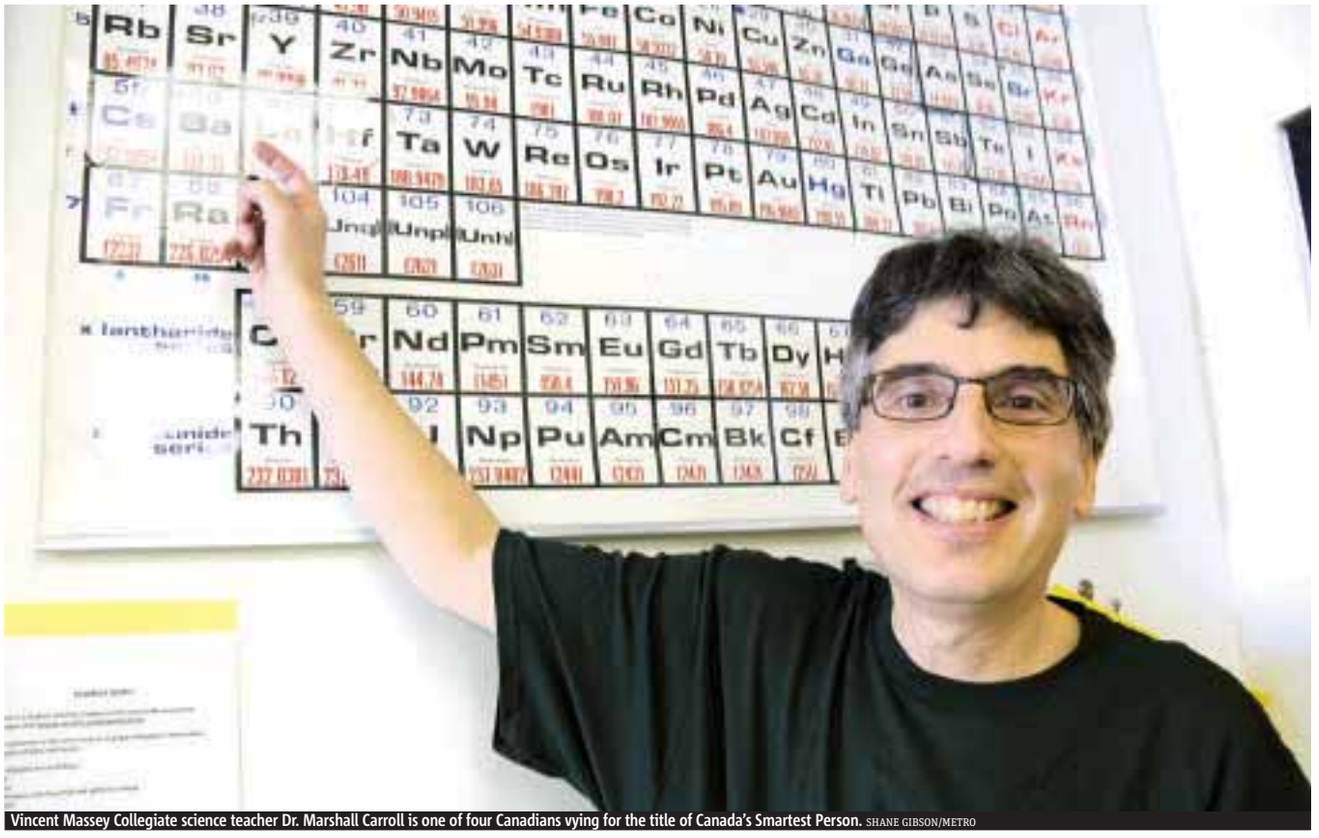
As well as having a PhD in theoretical quantum chemistry, Carroll is a stand-up comedian and a singer-songwriter who pens his own song parodies and posts them at marshcarrol.com.

See just how smart Mr. C is

Canada's Smartest Person airs on CBC, March 18 at 8 p.m.

Carroll told Metro one of the most exciting parts of filming was being able to meet host Gerry Dee, a former teacher turned comedian, who also stars on the CBC comedy Mr. D.

"I told him that here at Vincent Massey we teachers all love his show," he said. "He really got a kick out of that."



Vincent Massey Collegiate science teacher Dr. Marshall Carroll is one of four Canadians vying for the title of Canada's Smartest Person. SHANE GIBSON/METRO

Air strike for March break?

Air Canada's biggest union rejects tentative deal and threatens to walk off the job, action that could leave spring getaway plans in disarray.
PAGE 4

SubCity ska-daddles

The Winnipeg band that spawned the Crooked Brothers, Kids on Fire and Guerillas of Soul, plays its final gig Friday night.
PAGE 13

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In court

Defence in Stobbe murder trial suggests accused's wife robbed

Beverly Rowbotham may have been attacked by a stranger, not her husband, on the night she was brutally killed, a defence lawyer suggested Wednesday.

Tim Killeen raised the idea as he grilled RCMP DNA expert Sandra Korkosh about blood and other evidence the Crown has relied on in the lengthy second-degree murder trial of Mark Stobbe, a former political adviser in Saskatchewan and Manitoba.

The Crown alleges Stobbe killed his wife in the couple's backyard in St. Andrews, Man., then drove the body 15 kilometres north to Selkirk to make it look like she had been robbed.

Killeen asked Korkosh about mysterious DNA found on the straps and zippers of Rowbotham's purse, which was found beside her body in the family car. The DNA was male, but did not come from Stobbe or the couple's two sons, Korkosh testified.

"Could it be that a male could have grabbed her purse strap and pulled?" Killeen asked.

"It's a possibility I can't say no to," Korkosh replied. THE CANADIAN PRESS

Mark Stobbe.
THE CANADIAN PRESS

A young girl checks out the stump of an elm tree that was cut down on Wednesday near her home in St. James. The tree was marked for removal due to Dutch Elm Disease. ELISHA DACEY/METRO

Winnipeg's urban forest getting more attention

Saving the elms. Group that says Winnipeg lost 40 per cent of elm population over last 30 years wants more funding to protect remaining 143,000 elms

SHANE GIBSON
shane.gibson@metronews.ca

A group fighting to stop the loss of the elm canopy in Winnipeg neighbourhoods is glad their message is getting through to city councillors.

Trees Action Group (TAG) spoke to the city's public works committee Monday over worries Winnipeg is on the verge of losing a majority of its mature elm population to Dutch elm disease.

"(Tuesday) the public works committee moved forward our report to the forestry branch with directions to bring forward a strategic plan based on our report within 180 days," TAG spokesperson Wendy Land said. "We are very pleased that they are paying serious attention to the current crisis."

Committee member Coun. Devi Sharma says city administrators have been asked to have the report back within the next 180 days.

"It's a good next step," she said. "I think the urban forest is something to preserve because it's beautiful."

Elm bark beetles spread Dutch elm disease from tree to tree, and once a tree is infected it must be completely removed to prevent further infections.

TAG's numbers show the city is losing elm trees at a rate of nearly four per cent every year, and the public works committee wants to know how to cut that number in half over the next three years.

"The time frame isn't exactly what we were looking for, but we understand that to put forward a credible, well documented strategy they need time to do it," said Land, adding years of under funding mean a lot of catching up is also needed. "We remain concerned, though, about the big backlog in the removal of trees and pruning of trees."

The city's proposed 2012 operational budget includes an extra $250,000 for tree pruning to move the tree-pruning schedule from 13 to 10 years, but Land says more needs to be done and time is running out.

"We want the forestry department to have the resources to do what's needed," she said "We may call for additional money to remove the backlog, at least in the tree removal program, in this year's budget."

TAG will next bring their concerns to council's Executive Policy Committee next week.

WPS. Police stand behind distracted driving ticket

Winnipeg police said they are standing behind the officers who issued a distracted driving ticket to a man who claims he doesn't own a cell phone.

In a statement emailed to media Tuesday night, the Winnipeg Police Service said they had "information that is contradictory to the information that has been depicted in the local media."

The WPS maintains two officers saw a man driving on Portage Avenue March 2 while talking on his cellphone.

They pulled the man and his wife over after "several blocks" and gave him a ticket.

The only problem, said Laszlo Piszker, is that he does not own a cellphone. Piszker went to the media to tell his story, igniting a debate about ticket quotas.

Piszker told media after being pulled over, he invited the police to check his car and his person to find the cellphone, and his wife Margaret agreed. Instead, he said, one of the officers told Margaret to "shut up" and handed over the $200 ticket.

Piszker said he has contacted a lawyer and is planning to fight the ticket.

ELISHA DACEY/METRO

Man arrested for Valentine's Day homicide

Police have made an additional arrest in a Valentine's Day homicide.

Wahbishkanacot Mandamin, 18, of Ontario was taken to hospital in critical condition suffering from injuries to his upper body after police responded to an assault call at Canad Inns Polo Park around 1:40 a.m. Mandamin succumbed to his injuries in hospital later in the day.

A 17-year-old was arrested and charged, and a warrant was issued for Raymond Gerald Baker, 19. ELISHA DACEY/METRO

Charged. Woman accused of using baby to traffic cocaine

A northern Manitoba woman faces drug charges after police found three grams of cocaine hidden in her baby granddaughter's clothing.

"It was just in a pocket ... in the parka," said Sgt. Del Byron of the RCMP in God's Lake Narrows. "Wrapped in tape, a small package."

Police say the 39-year-old woman was arrested Friday as part of an ongoing investigation.

She and the 15-month-old girl had just arrived at the community airport from Winnipeg.

Byron wouldn't say what led officers to search the child, but added: "If we have information, we act on it."

The little girl was fine and remained calm the whole time, he said. The woman faces a charge of possession of a controlled substance for the purpose of trafficking. Police continue to investigate.

Cpl. Miles Hiebert, an RCMP spokesman in Winnipeg, said officers don't often encounter cases where children are used to smuggle drugs.

"It is unusual," he said. "I'm not saying that we're running into it all the time, but ... people are willing to take chances even with their own grandchildren and use them for their own purposes." THE CANADIAN PRESS

1 NEWS

Mobile news

Chimpanzees are often cited as humans' closest living relatives, but a new DNA study suggests we may have more in common with gorillas. Scan the code for the story.

Online video

Protest violence

Four people were injured during student protests as Quebec's battle over tuition-fee hikes took a nasty turn Wednesday. Watch at metronews.ca/video

Manhunt. Mounties launch global search for Tamil ship 'mastermind'

Mounties have launched an international manhunt for the first person charged in connection with a ship that brought hundreds of Tamil migrants to Canada's West Coast a year and a half ago.

Thayakaran Markandu has been charged with organizing illegal entry into Canada, the RCMP said Wednesday.

The charge relates to the MV Sun Sea, which arrived in August 2010 carrying 492 Tamil migrants.

Markandu, who was born in 1972 according to court records, is currently believed to be living abroad, although Mounties haven't confirmed where, said Sgt. Duncan Pound.

An indictment filed in B.C. provincial court accuses Markandu of offences in the Juan de Fuca Strait off the B.C. coast, as well as in Sri Lanka, Malaysia and Thailand.

The indictment, which was sworn Monday and contains unproven allegations, claims Markandu "did knowingly organize, induce, aid or abet the coming into Canada of one or more persons who are not in the possession of a visa, passport or other document required by the Immigration and Refugee Protection Act."

The Sun Sea arrived with 492 Tamils on board, including men, women and children.

All made refugee claims, pointing to decades of violence wrought by a 26-year civil war in their home country of Sri Lanka.

As of January, three of the Sun Sea passengers had their refugee claims approved, according to the latest figures.

Another 13 migrants had their claims withdrawn, either because of deportation orders or because the claimants withdrew their applications themselves.

Also, five claims were abandoned.

THE CANADIAN PRESS

International pursuit

"We believe he's not inside Canada, so we're working with our international partners ... in an effort to bring him to justice."

The RCMP's Sgt. Duncan Pound

Billy-club police move in on Montreal protesters

Quebec's battle over university tuition fee hikes takes a nasty turn as students square off against police in Montreal on Wednesday. Clouds of tear gas wafted over downtown. Riot police used billy clubs to slam their way through protesters who were blocking access to a public building. Some responded by tossing snowballs at officers. Four people were injured. ANDRE PICHETTE/LA PRESSE/THE CANADIAN PRESS

Workplace

You're hired. Say thank-you to Facebook

Facebook is already an established screening tool for hiring managers — but new research shows it can also be an indicator for job success.

Researchers say a 10-minute sift through a Facebook profile can predict how a job candidate will perform in the workplace more accurately than a personality assessment test.

Researchers found the Facebook scores were more accurate in predicting success than personality tests in areas like conscientiousness, emotional stability, agreeableness and openness to experience.

What did the "raters" like on Facebook?

People who travel and enjoy new experiences, people with hobbies and creative interests and people with friends and a sense of humour.

TORSTAR NEWS SERVICE

Parliament

Tories think again on more powers for electoral chief

The Conservative government has reversed course and now says it will support an NDP motion to give Elections Canada increased audit powers.

Prime Minister Stephen Harper (below) told the House of Commons on Wednesday his government will support new legislation — as proposed by the official Opposition.

A Tory-dominated committee last month turned down a recommendation by the chief electoral officer for new investigative powers. Marc Mayrand wants to be able to compel parties to back up their financial statements with receipts and details.

THE CANADIAN PRESS

Air Canada chaos set to ruin March Break?

Strike threat. Our pension concerns are not being addressed, angry union members warn the airline

Air Canada's biggest union is threatening to strike just as the busy March Break travel season gets under way.

Its members are furious over what they consider the airline's refusal to deal with pension issues.

Union vice-president Dave Ritchie said Wednesday the machinists, cargo agents and baggage handlers rejected a tentative deal because Air Canada hasn't addressed the pension concerns — especially after members agreed to millions of dollars in cost cutting to help the airline restructure.

The International Association of Machinists and Aerospace Workers said its 8,600 members will walk off the job if they don't get a new deal by 12:01 a.m ET on Mar. 12.

Ritchie said if the union were to strike, flights would be grounded because its members provide crucial services such as fixing and deicing planes.

"If we hit the lines, flights will be grounded," he said.

Ritchie said the union's negotiating committee underestimated the anger of its membership, who rejected a tentative deal by a 66 per cent margin.

Union fury

"In my 40 years of collective bargaining, I have never seen the level of anger that I have seen in the membership at Air Canada."

Dave Ritchie, union vice-president

Of particular concern are wages and a sizable pension deficit, which the union says Air Canada has not dealt with, despite the sale of $2 billion in assets.

The union had already agreed in 2009 to defer payment on its pension plan until 2014, but the company is asking for $350 million in pension concessions while top executives continue to be paid handsomely, Ritchie declared.

THE CANADIAN PRESS

Tories worried

Don't spoil vacations, Raitt pleads

Labour Minister Lisa Raitt said the government is taking the labour threat seriously and is concerned a strike would disrupt the travel plans of thousands and have a big negative impact on the economy.

"This is a particularly bad time for thousands of families," Raitt said.

"We encourage both parties to avoid a work stoppage and restore confidence for the travelling public and Canadian job creators that rely on commercial air services."

Duncan Dee, Air Canada executive vice-president and CEO, attempted to downplay the possibility of travel chaos.

"Should a settlement not be reached and the IAMAW commences job action, the airline will endeavour to minimize inconvenience to its customers," Dee said.

THE CANADIAN PRESS

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CDI College Programs Serve as Gateway to Healthcare Careers in Manitoba

For years, CDI College has been instrumental in helping Manitobans start new careers. In the past decade, over 300 graduates have earned diplomas from the college's healthcare programs in Winnipeg, including Medical Office Administrator and Health Care Aide credentials. The programs are designed to meet the needs of the job market and they've helped open doors for graduates in Manitoba's healthcare sector.

Graduates of the Medical Office Administrator program have gone on to work in a range of healthcare settings, including the Health Sciences Centre, Seven Oaks General Hospital and Four Rivers Medical Clinic. The program's curriculum is continually updated based on input from employer advisory councils and direct feedback from graduates, administrators, human resource professionals, and physicians. This ensures that students are developing the most up-to-date skills required by employers in the field.

"We are well-positioned to provide highly-qualified and engaged employees for this changing employment market," says Tahl East, campus director at CDI College in Winnipeg.

The Health Care Aide program was designed by a working committee representing the hospitals, regional health authorities and personal care homes. Under the direct guidance of industry-experienced instructors, students acquire skills and confidence to become compassionate and caring professionals. The program includes a 240-hour practicum component in which students, under the supervision of an instructor, provide safe and structured care to seniors and disabled individuals living in personal care homes and hospitals.

"We wanted to deliver the highest quality education possible to future caregivers," East explains. "The committee presented their lists of competencies ideal candidates needed to have and we developed the program around them."

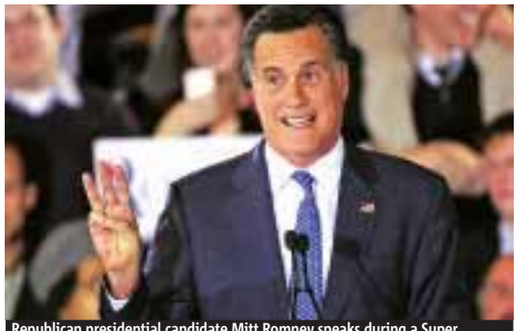
Strong practicum partnerships with employers such as Concordia Place, Misericordia Health Centre, Oakview Place, the Convalescent Home of Winnipeg and Holy Family Home, enable Health Care Aide students to gain valuable experience and demonstrate the quality of their education.

"We're communicating with employers to determine future needs of the industry and adapting curriculum in order to ensure the highest quality of education for our healthcare graduates," East adds.

For more information about CDI College's healthcare programs **visit mb.cdicollege.ca** or **call 1-877-404-4355.**

Race still open despite strong Romney lead

Republican primaries. Obama's approval ratings on the rise as Republicans continue to battle it out for the nomination



Republican presidential candidate Mitt Romney speaks during a Super Tuesday event in Boston. WIN MCNAMEE/GETTY IMAGES

Republican presidential frontrunner Mitt Romney won in six of 10 Super Tuesday states but managed only the narrowest victory over rival Rick Santorum in all-important Ohio, an outcome that leaves open the contest for the nomination to challenge President Barack Obama.

Santorum, the former senator, captured three states, and Newt Gingrich, the former speaker of the House of Representatives, notched a victory in Georgia, the state he represented in Congress for nearly two decades.

The mixed results in the 10 state contests held on Tuesday suggest that Romney, despite padding his lead in the tally of delegates who will pick the nominee this summer, is still struggling to win over the Republican party's most conservative elements.

In the aftermath of the Tuesday vote, Obama campaign manager Jim Messina, in a conference call with reporters, said Romney was "limping across the finish line" in primary states.

THE ASSOCIATED PRESS

Murder trial. Mother testifies she met woman now in jail for girl's killing

Victoria Stafford's mother crossed paths before with the woman convicted of the eight-year-old's murder when she bought drugs at her house, though 18-year-old Terri-Lynne McClintic seemed too strung out to even notice, court heard Wednesday.

McClintic, now 21, pleaded guilty two years ago to first-degree murder in Tori's death. Michael Rafferty, her boyfriend at the time, is now on trial for first-degree murder, sexual assault causing bodily harm and kidnapping.

He has pleaded not guilty.

Tara McDonald testified Wednesday at Rafferty's trial and said she was addicted to OxyContin at the time her daughter was abducted outside her Woodstock, Ont., school on April 8, 2009. She had even taken some that day in the hours before Tori was supposed to arrive home from school, she said.

Under cross-examination from Rafferty's lawyer Dirk Derstine, McDonald said there was no way Tori would have gone somewhere with a stranger.

Terri-Lynne McClintic is set to take the stand at Rafferty's trial starting Tuesday, Superior Court Judge Thomas Heeney told the jury.

The jury also got a sense Wednesday of the massive scale of the effort to find the Grade 3 student and solve her murder.

From the time Tori went missing to the current trial, the investigation has involved more than 900 police officers and thousands of pieces of evidence, court heard. Ontario Provincial Police Const. Gary Scoyne testified he was responsible for in excess of 1,100 physical exhibits and more than 4,500 photographs.

THE CANADIAN PRESS

Tara McDonald, mother of slain Victoria (Tori) Stafford, walks into court in London, Ontario, on Wednesday. DAVE CHIDLEY/THE CANADIAN PRESS

Cyber crime

Terrorists may pursue cyber attacks: FBI director

FBI Director Robert Mueller said Wednesday that terrorists may seek to train their own recruits or hire outsiders with an eye toward pursuing cyber attacks on the United States.

"Terrorists have not used the Internet to launch a full-scale cyber attack, but we cannot underestimate their intent," Mueller told a House subcommittee. He said terrorists have shown interest in developing hacking skills, and that the evolving nature of the problem makes the FBI's counterterrorism mission more difficult.

THE ASSOCIATED PRESS

Holy hackers

Vatican website hit by hackers

Members of the amorphous hacking group Anonymous claimed Wednesday to have taken down the Vatican website to protest everything from Catholic doctrine to the sexual abuse of children.

The website was inaccessible for much of Wednesday afternoon and evening.

Vatican spokesman Rev. Federico Lombardi confirmed the attack but declined to comment on its possible source. He said he didn't know how long it would take the Vatican's technicians to bring the site back up.

THE ASSOCIATED PRESS

Solar flare heads to Earth

Bright lights. Solar storm of charged particles will smack the Earth at about 6.4M km/h

The largest solar storm in five years is racing toward Earth, threatening to unleash a torrent of charged particles that could disrupt power grids, GPS and airplane flights.

The sun erupted Tuesday evening, and the effects should start smacking Earth between 1 a.m. and 5 a.m. EST Thursday, according to forecasters at the federal government's Space Weather Prediction Center.

"It's hitting us right in the nose," said Joe Kunches, a scientist for the National Oceanic and Atmospheric Administration. He called it the sun's version of "Super Tuesday."

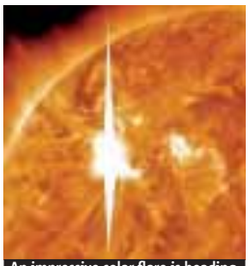
Scientists say the sun has been relatively quiet for some time.

The solar storm is likely to last through Friday morning.

For North America the "good" part of a solar storm — the one that creates more noticeable auroras or Northern Lights— will peak Thursday evening.

But there is potential for problems. Solar storms can disrupt technology on Earth through magnetic, radio and radiation emissions

THE ASSOCIATED PRESS



An impressive solar flare is heading toward Earth. NASA HANDOUT

'Hippy' model fights back

Canadian-born Ananda Marchildon, the Dutch model who won the television show Holland's Next Top Model, has won a lawsuit against the Elite model agency after she was dropped for having hips that were supposedly too large. The Amsterdam District Court ruled that Marchildon, 25, was entitled to the $98,000 contract that she won in the 2008 production of the show. SLOGGI/THE ASSOCIATED PRESS

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FLU WATCH

About 10 to 25 per cent of Canadians get the flu each season, while the average Canadian deals with three to four colds every year.

Immunization is the best protection against the flu, and the best time to be immunized in Canada is right now, says Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service, B.C. Centre for Disease Control, Vancouver. Pretty well everyone is encouraged to get a flu shot including pregnant women and children under two. Speak to your doctor for more information.

To keep track of the spread of flu and flu-like illnesses, bookmark Public Health Agency of Canada's Flu Watch phac-aspc.gc.ca/fluwatch/. So far, only sporadic influenza activity has been reported. But there has been an increase in detections of cold viruses.

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an RN and infection control specialist. "So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

– Ylva Van Buuren

GET WELL SOON

TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caffeinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

– Jane Doucet

ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

– Ylva Van Buuren

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Apple TV

iCloud to ease movie watching

Apple is making it easier for people who buy movies through iTunes to play them on the various devices.

Apple said Wednesday that customers can now save some movies on its iCloud remote- storage service. That system lets devices such as the iPad and the iPhone retrieve content wirelessly. Before, if you bought a movie on one device to play on another, you needed to connect both to a personal computer with a physical cord. This means people will be able to watch purchased movies on an improved Apple TV set-top box going on sale next week.

That development should allay frustration consumers have had with digital movie purchases, which could be bought on iPads and iPhones, but couldn't be stored on the Apple TV device because it has no hard drive.

Previously, Apple's iCloud saved only users' songs, photos and documents on its computer servers.

The device will now be able to play movies in the "1080p" format, the highest-resolution video standard in common use. Previously, Apple TV could only play back movies in "720p."

THE ASSOCIATED PRESS

Market Moment

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TSX
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OIL
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GOLD
$1,683.90 US (+$11.80)

Natural gas: $2.33 US (-2.8¢)
Dow Jones: 12,837.33 (+78.18)

It may look like an iPad 2 but it's different — really

New features.
Enhanced graphics, faster processor and upgraded camera

MIKE YAWNEY
ottawa@metronews.ca

Every time Apple hints at releasing a new product the rumours begin to swirl. Speculation on what will be announced and the latest features are inevitable. Some of the rumours turn out to be true, some of them wrong. In the case of the new iPad, the media nailed it.

The new iPad (yes, it's just being called iPad not the iPad 3 or iPad HD) looks and feels much like the iPad 2. It's 0.6 mm thicker and 51 grams heavier. It's hardly noticeable. The easiest way to tell if you're were holding the latest model is by looking at the screen.

Apple calls it the Retina display, because it's nearly impossible to pick out individual pixels with the naked eye. The new iPad has four times the number of pixels than the iPad 2, with 264 pixels per square inch. To put this into perspective, it has one million more pixels than the high definition in your living room. Text is much clearer and easier to read. Graphics also look smooth and polished.

The enhanced graphics are made possible by Apple's new A5X processor. The new chip allows for quad-core graphics, double the performance of the iPad 2. Those who love to play games, especially those with demanding high-end graphics, will see the value in this new chip. Epic Games, which is known for the graphic intensive Infinity Blade series, showed off Infinity Blade: Dungeon which looked quite stunning.

One of my biggest disappointments with the iPad 2 was the camera quality. Apple says it has listened to customer feedback and has decided to change the cameras. The rear of the new iPad will feature a new five-megapixel iSight camera with auto focus, face detection and auto white balance. It will also have the ability to record 1080p HD video at 30 frames per second. The front camera remains VGA quality which may disappoint some.

Finally, the last feature is the one most users will be excited for; the ability to download and surf the web faster than ever. The latest iPad will not only feature WiFi as previous models but for the first time it will support 4G and LTE. Rogers, Bell and Telus will no doubt welcome the latest iPad on their new high speed networks which are lighting up across the country.

The new iPad will be available starting March 16 starting at $519.

Apple CEO Tim Cook introduces the new iPad during an event in San Francisco on Wednesday. The new iPad features a sharper screen and a faster processor.
PAUL SAKUMA/THE ASSOCIATED PRESS

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TRAVELLING AMONG THE BLUFFS

HE SAYS...
John Mazerolle
metronews.ca/hesays

Backpackers must never show weakness.

When trekking through foreign lands, as I plan to in September, you must make it clear to fellow adventurers that you have travelled much farther, experienced far more and appreciated it all on a far deeper level than they could ever know.

Furthermore, you must make it clear that, though your experiences would thrill and delight the average middle-of-the-pack backpacker, to you it was a bit of a bore.

If a fellow traveller saw the village church, you went inside and had a spiritual moment. If he went bungee jumping, you went skydiving. If he climbed Mount Everest, you reached the summit with a really tall Sherpa and then stood on his shoulders.

Of course, we're all bluffing, and couldn't imagine a weekend without beer, let alone a few days without water. But all backpackers do this. It's just the way things are done.

It's been several years since I went backpacking, but these primal truths came rushing back to me this week as a salesman showed me some of the camping gear I'd need.

Immediately, instinctively, I began bluffing. The salesman said, "This is a Hybrid EC tent with bulfable tarmac eco-stretch and composite MoldProtect fibre, of course." And I said, "Of course," furrowing my brow in a way that I hoped conveyed world-class knowledge of tent construction, when I was actually thinking, "How come people only say 'of course' when you have no idea what they're talking about?"

If I'd shown my ignorance, I could have lost my backpacker cred, had my hostel card ripped up and been stripped of my blister strips.

I know it makes me seem like a fool, but it's the same in hostels worldwide. So don't feel guilty, fellow bluffers.

Condescending tone aside ...

If we were to talk about how scared we were on our journeys, or how ill-prepared, or how we really just spent the last week going to bars, ogling women and demonstrating the medicinal powers of cheap whiskey, well, the whole backpacking system would fall apart.

If we were to talk about how scared we were on our journeys, or how ill-prepared, or how we really just spent the last week going to bars, ogling women and demonstrating the medicinal powers of cheap whiskey, well, the whole backpacking system would fall apart.

We'd lose the sense of competition. The lure of travel would cease. And, before long, we'd all be staying home.

Potential backpackers would instead be stuck going to neighbourhood bars, ogling women and drinking whiskey. And, let's face it, that's really kind of pathetic.

So remember, the important thing is to share your stories and listen to your fellow travellers, speaking in a condescending tone one might use with a clever dog. "Oh, you went THERE. Good for YOU. That's really GREAT."

And, barring that, just remember the greatest travel quote ever, as penned by novelist Robert L. Coburg. I'd rehash it here, but you know what it is. Of course.

One unwritten rule of the backpackers' road: bluff. TORSTAR NEWS SERVICE

The female Arnolds

MARTIN SCHOELLER/WWW.PONDPRESS.COM

The women

Online buzz for bodybuilders

NEW YORK. German-born, N.Y.C.-based photographer Martin Schoeller shot the ladies of the Olympia bodybuilding competitions years ago, for a book.

But this week, they went viral. "I wanted to get behind the bodybuilder's mask, behind the profession and bring out the person beneath everything," he says. **MWN**

Generating

"These were women who loved what they were doing, and they were willing to work at it."
Martin Schoeller
N.Y.C.-based photographer

Online

Why people forwarded it ...

NEW YORK. Hot aggregation sites like buzzfeed.com are on constant lookout for photo essays of the weird and wonderful.

These photos got thousands of hits there and on the Huffington Post for the same reason Schoeller started the project. "I thought to myself, 'Why would anyone possibly want to look like that?'" he says. **MWN**

Criticism

... and why people got mean

NEW YORK. Though Schoeller is grateful that the project is getting attention almost four years after publication, he was especially shocked by negative comments online.

"People were hateful to these women. I knew there would be controversy, but I didn't expect that. Our notions of what is beautiful are so narrow." **MWN**

Metropolitan Panel

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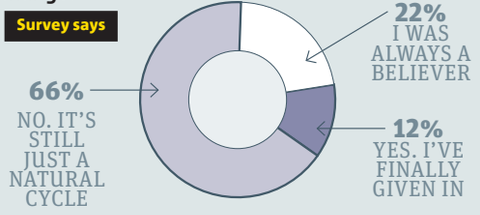
Has the mild winter made you believe in climate change?

Survey says



Twitter

@ZieberKR: never a bad call. One of my favorites RT @dansinker: Listening to the Weakerthans for the first time in forever. Good job, Winnipeg.

@secret_salsa: Winnipeg sucks but then again Edmonton sucks worse.

@TheAlMcLean: Ahhh Santa Lucia. Good thing THIS Santa doesn't come only once a year! Eh pizza lovers? Eh lame comedy lovers? #Winnipeg

@JohnCollison: Dear #Winnipeg: 2 degrees and sunny here today, 10 degrees and sunny tomorrow. Love, #Calgary

@twistedadvice: A 74 #winnipeg man is upset that he is being treated like a criminal. Why is he sad? criminals get treated better than law abiding citizens.

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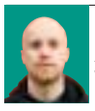
SubCity wraps up 10 years of ska with one last show

Calling it quits. After a decade of rocking, Winnipeg band plays for last time Friday at West End Cultural Centre



BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Winnipeg band SubCity plays its final show Friday night at the West End Cultural Centre.

"It's been 10 years," says vocalist/guitarist Ian Lodewyks. "We've gone through some line-up changes recently. People are in different points in their lives.

"I think it's a positive thing. I think everyone will go in different directions and it will be very positive for our lives. It's been a very successful 10 years."

Indeed it has. Formed in 2002, SubCity (originally Subcity Dwellers) spread its sensational ska, reggae, rock and soul sound through five releases, numerous tours of Western Canada and, of course, countless hometown gigs.

"We always played the West End Cultural Centre for landmark shows," Lodewyks says, with saxophonist Darryl Reilly pointing out that SubCity's first ever gig was at the WECC.

"Whether it was a CD release party or the annual Joe Strummer tribute shows or when we were a part of the West End's reopening (in 2009), I think we played our best shows there. That's exactly why we booked it for this show, so we could play the venue one more time."

The band's last waltz will be recorded by producer John Paul Peters for a summer release through local label Transistor 66.

Lodewyks says the sextet — which also includes Kevin Mclean, Darwin Baker, Rob Goodman and Alain Guilmette — sounds better than ever. "I feel like we're in our prime right now," he says.

"The most important thing about us going out is we're going out on top. We want people to think 'Why is this band going away?' instead of 'Yeah, they should probably wrap it up.'"

SubCity is calling it a day, but its members are not. The band has spawned a string of successful offshoots such as the Crooked Brothers, Kids on Fire and the Guerrillas of Soul.

Reilly says the SubCity squad is excited to give its other musical projects more attention, but that they'll always have time for each other.

"We're all still great friends and when we're not playing music together you'll find us hanging out," Reilly says. "The end of SubCity isn't going to change the fact that we live down the street from each other."

Concert info

- Retro rock cover band The Wind-ups opens SubCity's finale.

Tickets are $15 and are available at Music Trader and Into the Music.

Showtime is 8 p.m.

Winnipeg band SubCity. JOEY SENFT

TV network to air pro-Palin doc for attention

Former Alaska Governor Sarah Palin. SCOT APPLEWHITE / THE ASSOCIATED PRESS

The ReelzChannel television network says it scheduled a pro-Sarah Palin documentary on the same weekend as HBO's Game Change debut strictly for business considerations, not political ones.

The Undefeated, a Palin documentary by conservative filmmaker Stephen K. Bannon, will have its television premiere on Sunday. It will come 23 hours after HBO opens Game Change, based on the 2008 campaign book by Mark Halperin and John Heilemann, and starring Julianne Moore as Palin.

Stan Hubbard, ReelzChannel CEO, said he licensed The Undefeated for the same reason that his network aired The Kennedys miniseries last spring after it was dropped by the History Channel — to draw attention to a nearly six-year-old network with a low public profile. ReelzChannel is in 62 million homes, a little more than half the country.

"For a young network, public relations is important to us, which is why we hunt for opportunistic things," Hubbard said.

Hubbard said he found the former Alaska governor and 2008 GOP vice-presidential candidate a fascinating figure, but he wasn't trying to lionize her. "If HBO wanted to swap movies this weekend, I'd do that in a second."

Palin supporters have attacked Game Change, although it's unclear whether any of them has seen it in advance. The Undefeated maker Bannon called it a "fictionalized hit-piece" and has praised ReelzChannel's "courageous" decision to air his movie.

Game Change strives for a balanced portrait, showing Palin overwhelmed at times.

THE ASSOCIATED PRESS

2 SCENE

In brief

Bieber's mom gets book deal

Justin Bieber's mom is going to get the chance to tell her version of the story of her son's rise to pop superstardom. Pattie Mallette has signed a deal with Revell Books to publish her memoir. Nowhere But Up: The Story of Justin Bieber's Mom is slated for release Sept. 18, and will include a foreward written by Bieber himself.

THE CANADIAN PRESS

Books

Judy Blume books go digital

A big batch of Judy Blume books are coming to the digital market. Random House Children's Books announced Wednesday that 13 stories by the million-selling author will be coming out as e-books this year, starting with 10 on March 21. Are You There God? It's Me, Margaret, Deenie, and Blubber are among the favourites that will be available for download.

THE ASSOCIATED PRESS

On the Web

Calling TV stupid makes you seem smart —but why does TV still invite disrespect?

Drinking while pregnant? Meatball problems

Snooki GETTY IMAGES

Jersey Shore star Nicole "Snooki" Polizzi has taken to the cover of Us Weekly to announce what everyone already knew: that she's pregnant and engaged.

"I have different priorities now," Polizzi says. "I don't care what anybody else thinks. As long as I know I'm ready and (fiancé Jionni LaValle) is ready." The reality star admits that discovery of her pregnancy — right after New Year's — caused a moment of panic. Her first thought? "'S—, I've been drinking,'" she says.

"I was worried. It was New Year's Eve and we were in Vegas, so I did go crazy." METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Fashion magazine covers

Doin' the bump

THE WORD
Dorothy Robinson
scene@metronews.ca

As a fellow pregnant lady, I'm all for Jessica Simpson posing on the cover of Elle magazine while hoisting around a fetus. Yay for the miracle of life and all that.

But why oh why did she have to do it naked?

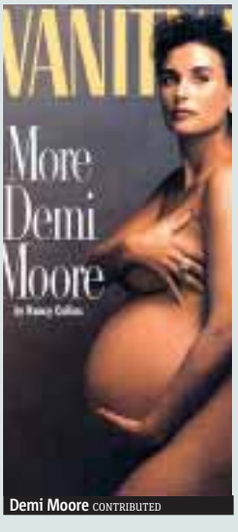
With the exception of Demi Moore's famous 1991 nude pregnancy photo for Vanity Fair, which set the bar for pregnancy photo shoots, why have any of these stars shown off their naked bellies on magazine covers?

It's as though these magazines — and starlets — need to flaunt the skin, just so you won't mistake them for being, well, fat.

Because a woman with actual curves on a fashion magazine? What a crazy concept!

But perhaps I'm wrong and am just being a prude. What do you think of the omnipresent naked pregnant celebrity cover trend? Do you want more naked bump in your life or do you prefer your pregnant celebrities lookin' good, but with maybe a shirt on?

Jessica Simpson CONTRIBUTED



Demi Moore CONTRIBUTED

Hewitt likes her boobs

Jennifer Love Hewitt has something in common with her fans when it comes to appreciating certain parts of her anatomy.

"It's horrible to say, but I like my boobs," the former Ghost Whisperer star tells Maxim magazine when asked what body part she is most proud of.

"They've always served me well. They're good." Well, maybe they haven't served her that well recently, the currently single Hewitt admits: "It might sound so stupid, but guys do not hit on me," she says. "I'm not really sure why." METRO

Jennifer Love Hewitt GETTY IMAGES

Twitter

@ParisHilton
Don't judge me by my past, I don't live there anymore.

@nicolerichie
No grandma, I don't think you're ready for bikini season

@pattonoswalt
Just realized I know all the words to Whitney Houston's "How Will I Know?" Closest I'll ever come to being Jason Bourne.

@AlbertBrooks
If I were president I would allow poor people to drink 1% milk.

Ricci talks about adversity

Christina Ricci reveals that her teenage struggle with anorexia — and the unplanned revelation of it at the time — helped make her the person she is today. "Somebody actually found out about it and outed (me) while I was recovering," she tells Marie Clare magazine. "It was a horrifying thing to do to a 14-year-old trying to cope with a devastating illness. And, out of rage, I vowed that no one would ever be able to out me for a secret again. So I was going to be completely honest in the rest of my life. I don't want to be hurt in that way again." As for the eating disorder itself, Ricci says the pressures of being an actress at that age had a lot to do with it. "I think it's just really awkward to go through puberty, and go through growing up and becoming a woman, when everybody is always kind of looking at you," she says. METRO

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SHOPPERS DRUG MART

5 shows that rocked the Paris runways

It had been a rainy season in the city of lights, and inside the packed houses of Paris Fashion Week style continued to take front-line fashionistas by storm

KENYA HUNT AND RICHARD PECKETT
life@metronews.ca

ALL PHOTOS GETTY IMAGES

1

Givenchy

Riccardo Tisci's show, always one of the most hotly anticipated on the Paris calendar, didn't disappoint with a collection inspired by the equestrian world and the '70s work of photographer Guy Bourdin.

Forget the sexless tweedy hunting set; Tisci's horsey theme was racy with an S&M sensibility.

2

Louis Vuitton

Marc Jacobs chose to summon up a bygone era of luxury travel for his Louis Vuitton show. The large, flamboyant hats were back, only slightly more refined. Same with the embroidered jackets, dresses and coats that the models wore layered over long skirts and wide, cropped pants. Unconventional, yes. But don't be surprised to see outsize layers trickling down to the high street come next season.

3

Yves Saint Laurent

Stefano Pilati bade farewell to the infamous Parisian fashion house after a 10-year tenure.

There were no tears, just a collection of chic, predominantly black silhouettes that referenced the house's '70s and '80s eras. The macabre colour palette, cinched waists, sizeable lapels, wide shoulders and sharp tailoring marked what could be regarded as a somber day for Pilati.

However, the leather tunic tops, trousers and chainmail dresses redolent of strength and resilience were lightened in mood with the introduction of an embroidered calla lily.

4

Kenzo

It's no easy task to impress hundreds of soggy, cranky fashion editors who schlepped through the rain to a far-out part of Paris to see a 15-minute show.

But that's what Humberto Leon and Carol Lim did for their second collection as creative directors of Kenzo.

The collection was just as fun as the show experience itself, featuring clothes that struck the right balance between creative, original and wearable. There were tailored and knit separates in autumnal florals and grapes; silk jumpsuits in vaguely Asian silhouettes; skirt and trouser suits in a mash-up of graphic combos — the list goes on.

5

Barbara Bui

Barbara Bui referenced Asia in a series of silk dresses and jackets that came printed or embroidered with Chinese tigers and florals. Nothing was quite as memorable as the androgynous trouser suits she did in black and white for evening that opened the show. They were chic and simple and best showed off her knack for cutting a mean pair of pants, a talent women the world over seek her out for.

3 LIFE

Fashion at your front door

You've got mail!

Founded in Germany, GLOSSYBOX is a monthly subscription beauty service that is making its Canadian debut. Each month, members receive five luxury cosmetics wrapped in the company's signature powder-pink box. At $15 a month, GLOSSYBOX provides its clients with new beauty trends and products and a fashionable way to store their ever-growing beauty collection.

Find out more at glossybox.ca.

On the Web

Chanel, Alexander McQueen entice fantasy of ice and feathers at Paris ready-to-wear shows.

Freshen up for spring with some new wall designs

DIY Ideas. Painting with templates is a fun and inexpensive way to update the look of your home

If you're looking for a fun DIY activity over the March break, painting with templates is a great place to start. Sweat Equity host Amy Matthews helps homeowners determine which home improvement projects will return the most bang for their buck and a fresh new wall design is sure to create a stylish and updated look.

Brainstorm

Painting with templates is an emerging decorating trend that offers a great deal of versatility. A border pattern can be applied to a kid's room, an accent wall to a bedroom or a mural created in a living room. There are many types of stencils to choose from including plastic and cardboard varieties as well as removable wall stickers for a simpler option. Plastic stencils are washable and reusable after paint is applied whereas cardboard varieties eventually need to be replaced; keep this in mind if you plan on creating a larger border. The variety of fun designs available at craft and home décor stores allows for a truly personalized creation.

Getting started

Explore colour combinations on a sample area. Smooth walls will produce crisp designs so it is always a good idea to ensure that they are clean, dust-free and in good condition before applying the pattern. Any chips can be filled, primed and painted prior to stenciling. Flat paint is recommended over semi-gloss so that the stencil pattern adheres more readily.

Create an accent wall with a bright, cheery pattern. ISTOCK

Painting advice

It is best to use a "drybrush" technique when working with stencils. This means using a paint brush that is relatively dry but still holds paint. If using a roller, roll it over the paint until mostly absorbed and then blot off any excess paint. Foam rollers work better than fluffy rollers. Always use light to medium pressure when painting over a stencil as excessive pressure may cause paint to bleed. A second coat can always be applied if desired. Attach stencils to the wall using painter's tape and a leveler. Once paint is dry to the touch, carefully remove the stencil.

TUNE IN TO SWEAT EQUITY AIRING WEEKDAYS AT 7 P.M. ET/4 P.M. PT ON DIY NETWORK CANADA.

Butter chicken with true ease

Butter chicken is an Indian staple that has become popular in North America. However, many people are intimated by what goes into making the delicious dish.

In her book, My Cooking Class Indian Basics, Jody Vassallo offers this step-by-step version to make it simple.

The dish is very rich so you may want to leave out the ghee at the end if you would like to reduce the amount of fat.

1 Preheat a grill. Put the chicken in a bowl, add the tandoori masala, garlic-ginger paste and yogurt and mix well, until the chicken is coated.

2 Arrange the chicken in a shallow baking dish and cook under the hot grill until tender.

3 Remove the chicken from the dish and set aside.

4 Pour the juices from the baking dish into a pan and add the tomatoes, garam masala, paprika, cream and sugar.

Butter Chicken

This recipe serves four. JAMES LYNDSAY, FIREFLY BOOKS 2011

5 Bring the mixture to a boil and cook over high heat for 10 minutes, until the sauce is thick and creamy. Add the cooked chicken, the ghee and salt and simmer for 3 minutes, until the ghee melts and the chicken is heated through.

6 Sprinkle the cilantro on top and serve with lime wedges and freshly cooked rice. **RECIPE USED WITH PERMISSION FROM INDIAN BASICS: 82 RECIPES ILLUSTRATED STEP BY STEP BY JODY VASSALLO; FIREFLY BOOKS 2011 ($24.95 PAPERBACK)**

Ingredients

- 2 lbs. (1 kg) boneless, skinless chicken thighs, cut into bite-sized pieces
- 3 tablespoons (45 ml) tandoori masala
- 1 tablespoon (15 ml) garlic ginger paste
- 1/2 cup (125 ml) plain yogurt
- 3 (14-ounce/398 ml) cans diced tomatoes
- 1 teaspoon (5 ml) garam masala
- 1/2 teaspoon (2 ml) paprika
- 1 cup (250 ml) light cream (20%)
- 2 tablespoons (30 ml) grated palm sugar
- 3 tablespoons (45 ml) chilled ghee
- ½ teaspoon (2 ml) salt
- 2 tablespoons (30 ml) chopped fresh cilantro

Cookbook of the Week

Indian Basics: 85 Recipes Illustrated Step by Step

Ever wanted to try cooking an Indian meal but felt intimidated by ingredients or the cooking process?

In her book Indian Basics 85 Recipes Illustrated Step by Step, author Jody Vassallo visually guides the reader through every step.

Each recipe begins with a photo that displays the ingredients. Next, detailed, start-to-finish sequential pictures, accompanied by concise text, demonstrates the steps necessary to complete the dish. **METRO**

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STOREY WILKINS

JEANNE & HER GIRLS

To mark International Women's Day, journalist Brigitte Noel spent time speaking to Metro columnist Jeanne Beker and her daughters, Joey and Bekky, about feminism, motherhood, role models and more...

HAVING IT ALL IN HEELS

On feminism:

Jeanne: To me that whole idea of feminism, while it was such a godsend when we first caught wind of it or first started to really champion it in the '60s when I was growing up, now seems a little old-fashioned. Although, I'm not sure — what do you guys feel about that?"

Bekky: I think feminism is a very dangerous thing to define because the second you do, you start aggravating people who don't agree with your definition of it. (…) I don't know if it's a matter of feminism so much as recognizing the humanity of the person regardless of gender or sexual orientation.

Jeanne: I remember when I was even a bit younger than my girls are now and I was going to university or college and reading Germaine Greer's works, Gloria Steinem. (…) Everybody was just reading these works about (feminism) and what it meant, and how we had to start thinking. Then all of a sudden it just became part of the way I saw the world and part of my psyche and I would hope part of my whole generation's psyche.

On women's rights:

Bekky: It's always necessary to fight for whatever rights you can. I think that we have to defend ourselves. When people aren't paying attention to what their rights are, their rights are taken away from them. We're very fortunate to be living in Canada where (human rights) are less of an issue than in other parts of the world, but I think that gay rights and queer rights and trans rights and rights of these even more marginalized groups than women are what come to mind as being more important to fight for nowadays.

Jeanne: Certainly in this country.

Bekky: Exactly, and I think that's an important distinction to make.

Jeanne: And we have special rights too. When I think of how, when I decided to have a baby all those years ago, there was no such thing as a year of mat leave. Now it's thrilling that women have that option today — they certainly did not have it 20-odd years ago when I was having my kids.

Lessons from motherhood:

Jeanne: I've learned that it's important to be very open-minded. I was a pretty open-minded individual but you have to be even more open-minded. I feel I'm still learning not to be quick to judge, more tolerant. I think my kids just teach me to be a better person because they've taught me a lot about unconditional love and the necessity of encouraging people to blaze their own trails and not follow in footsteps. The number one question that I absolutely detest is when people ask if my daughters are following my footsteps. What do you think, I've raised a couple of followers, I've raised a couple of wimps? Without question, my daughters are blazing their own trails as I feel that I did and would never want them to just be a second act in that way. They're an opening act for their own generation and hopefully one day maybe their own families.

On having it all:

Jeanne: Above all, I think what my daughters taught me is that love will find a way. It sounds really corny, but a lot of people would have looked at me and thought "you've got such a crazy busy career, how can you possibly take the time to sit back and have a family?" I went back to work after like three weeks with each of them. (…) I had to protect what I had worked so hard for, and I didn't grow up at a time when I thought I could have it all. And I still think you can, in bits and pieces maybe and maybe not all at once, but I'm determined to kill myself trying. They really taught me that love will find a way and that if you really are passionate about something, if you really love something, you will find a way to make it work in your life. Just don't take no for an answer.

On having children:

Jeanne: Do it! do it! do it! You don't need a lot of children, but at least one, or maybe two, if you can! If you can, not everyone can, not everyone's inclined to and inspired to, but if you're sitting on the fence and you're thinking about it, I say yes, just do it. It really gives you incredible perspective on the human experience and it's the most rewarding thing. To me it's the best thing I ever did in my life.

Bekky: Having children, I don't know. *Raising* children, I think yes, if you have the ability to love and provide for and take care of another person, that is probably — well, I don't know, I haven't done it, maybe it's terrible — but I think it's the kindest, most generous thing you can do.

Joey: I don't know. Yeah, I could have children but if I couldn't for some reason, I would love to adopt.

On marriage:

Bekky: (It's) very useful? Perhaps a bit outdated. I recently got married to my partner because we couldn't live in the same country. I never believed in marriage, I didn't want the big white dress with the flowers, it just wasn't my thing! (…)

Joey: If you're going to be together, why do you need to prove it to anyone, why do you need a symbol? Then again, I guess I always imagined it being one day a part of my life, so I'm still not sure where I stand.

Jeanne: As someone who's been married twice… Love was definitely a big part of it. When you're younger, there's a lot more idealism associated with marriage, obviously because you're so intent on getting it right, you dream about that, there's never really any doubt in your mind that you will get it right. But as you get older and you realize how many people don't get it right or can't make it work, can't make it last. (…) At this stage of the game, I still say that if I was so inclined, madly, crazy, mentally in love —the operative word is mentally— in love with someone, or really found the right person that I really wanted to share my life with to that degree, because I think it really speaks of a true partnership, I would do it.

On the Kardashians:

Jeanne: Oooooohh!

Joey: I don't know who they are?

Jeanne: We don't watch them at our house. We don't allow that.

Advice to women:

Bekky: Read books by women. (…) Figure out who you are and be proud of it. I think so many girls want to be someone else because it's easier and I think that denying the things you love is dangerous. Embrace what you need out of life.

Jeanne: I'd say go for it, be fearless, be tenacious, and to thine own self be true. Dream big, but work hard, and never give up.

Bekky: Always carry a pair of flats in your purse!

Jeanne: I never do!

Joey: I gave you those flats to carry and you put them in the basement!

Jeanne: The ones in my stocking? Were those from you?

Joey: Yes!!

Jeanne: I thought they were from Santa. I was looking for them, I'll take them to Paris.

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You. Are. Not. A. Bitch.

International Women's Day. Metro's global editor-in-chief Maggie Samways advises the sisterhood to stick together

MAGGIE SAMWAYS
Metro World News in London

Maggie Samways. METRO

I'm proud to work for a company run by women. Metro's board of directors has a chairwoman, not a chairman; two out of the five executive management team are women — and I'm one of them. I'm the proud employer of women — 50 per cent of my team are women. I'm proud to count ambitious, brilliant women as colleagues and friends.

That said, before my first board meeting presentation, I couldn't sleep, worried about … the other women.

The presentation was solid, I knew I'd impress the "suits." But having never met anyone, I wasn't sure the "skirts" in the room would let me get away with it: they'd find a way to make me look stupid, to trip me up. I was concerned that those who should be my best allies could be my worst enemy.

That feeling led to the premise of this special issue.

Why do we spend so much energy cutting ourselves down? Sniping, whispering, threatening? We need to take control of the message women send to each other, and about each other: you're not bossy, you're assertive; you're not emotional, you're intuitive. You. Are. Not. A. Bitch. And neither is she.

American magazine GOOD (good.is) recently ran a campaign called Promote Women: Use your Network to Solve the Gender Gap.

They challenged us to 1) Think of three women in our industry who are under-noticed. 2) Think of three powerful people in our industry that we know personally. 3) Connect them! Recommend your under-noticed, under-paid and otherwise under-exposed women colleagues — and tell them you did.

I would like to extend this challenge to Metro's readers. Ladies, women, girls; present and future CEOs, presidents and professionals: be the mentor you needed. Cut the crap. Stop the gossip.

And extend your hand. Just before my board room presentation, both women walked to the front of the room, shook mine, and told me I'd do just fine.

And I flew. Mean girls — what mean girls? THIS was the way it should be.

@THEEDITRIX

Helping hands

"Ladies, women, girls; present and future CEOs, presidents and professionals: Be the mentor you needed."

Metro global editor-in-chief Maggie Samways
Samways invites women to help each other out in the workplace

Analysis

'When women push other women down, they hurt themselves'

Erika Holiday, psychologist and co-author of the book Mean Girls, Meaner Women speaks about workplace bullying.

Are women their own worst enemy at work?
There are many women that don't have any issues working with other women. But women who do have such issues are often in supervisory position. The perpetrator might not help other women, not give information, exclude other women or keep them away from opportunities to move up in the company.

Are women their own worst enemy at work?
Women don't have the same advantages that men do. To start, they make less money than men. And so, it is harder for women to move up and become a CEO. Their "solution" is pushing other women down.

What can be done to stop this trend?
Women need to understand that the more they push other women down, the more they hurt themselves. If all women helped each other, we would be able to change the way society treats them. They should help other women rise above, because that will help you rise above, too.

DANIEL DENISIUK, MWN

PAID ADVERTISEMENT

I AM A SMALL BUSINESS OWNER AND I'M PROUD OF IT

The seeds were planted long ago for Debbie. As a youngster she KNEW she would one day be her own boss. Born and raised in Winnipeg, Manitoba she started in her own business 17 years ago. Although the flower industry has changed greatly over the years her business strategies have remained the same - Customer service and a positive experience each and every time!

Debbie has always loved reaching out and servicing her neighborhood and the local Winnipeg market. "It has had its challenges that's for sure", she says. The flower industry changed with the rapid expansion of big box stores. The effect on small local businesses has been significant over the years and she says it's made it very difficult, if not impossible in some instances for small business owners to remain competitive. She knows that it's easy to go to the big box store where everything is available at one location. But one thing people should consider is that the small business owner is struggling to create jobs for the local economy and make a living themselves. Debbie fondly reminisces about the time when every neighbourhood had local "Mom and Pop" stores - the butcher at the corner, the local baker and the milkman - remember the milkman?

Only the small businesses with a large loyal customer base have been able to stick around and she is grateful for her customers and their appreciation of her involvement in their special occasions.

Debbie is passionate about encouraging Winnipegers to "buy" local vs. the big box options. She is emphatic and passionate in her views about promoting local business operations and states she believes she is still in business after 17 years specifically because of her commitment to delivering exceptional customer service.

Debbie gets involved and supports business groups working in the local communities and believes that when you shop at any store you are essentially casting your vote - and she's looking for your vote.

Very honest in her approach Debbie says "Sure, I know you can't make everyone happy but all my products are guaranteed for 7 to 14 days". I give my customers a personable caring experience each and every time and if any customer has a problem after leaving the store I'll do everything within my power to make my customers happy and that each experience is a positive one."

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MAKING A DIFFERENCE

FEMALE BUSINESS LEADERS REACH OUT TO YOUNG WOMEN

Female executives today are making a real difference in the workplace — and in the world. Four business leaders explain how.

BE A ROLE MODEL

"I hope to inspire young women to pursue their passion in their career choice, in particular those interested in high-tech roles and industries," says Suzanne Harrison, director of strategy planning and analysis for MTS Allstream's national marketing, and a 2012 recipient of a Leadership Excellence annual award from Canadian Women in Communications (CWC).

"My two young daughters inspire and motivate me to be a strong role model. I want them to know that they can do anything they want. All careers, all industries are within their reach."

SUPPORT MENTORSHIP PROGRAMS

"As former president of Wired Woman Vancouver, I led a team of volunteers to offer education, mentorship and networking opportunities for women in technology," says Cybele Negris, co-founder and president of Webnames.ca and recipient of numerous awards, including Canada's Top 100 Most Powerful Women in 2011 (from Women's Executive Network) and Business in Vancouver's Influential Women in Business Award in 2010.

"Girls need to be encouraged to pursue careers in technology. I also serve on boards because I believe that by improving the small business environment in B.C., the local economy thrives and makes B.C. a better place to raise a family and do business."

CHAMPION OTHER WOMEN

"Women are good at relationship management and being able to frame complex information in a way that the average person can understand," says Melissa Shin, managing editor, Advisor Group at Rogers Publishing Ltd., Toronto, and another CWC 2012 award recipient.

"One of our missions is to make sure women in financial services are visible and that they can connect and work with each other. We want to elevate women in this industry."

GIVE BACK

"As a social entrepreneur, it is important to work towards two bottom lines: Generating profit and making a social impact," says Rumeet Toor, president, Jobs in Education, founder, The Toor Centre for Teacher Education, and a WXN Top 100 award recipient.

"My support network has taught me the importance of resilience, challenging yourself and giving back along the way. I would suggest that integrating our professional and/or personal lives with wanting to help improve society is important."

PERFECT ARRANGEMENT

CUSTOMER SERVICE IS THE PRIORITY AT EDELWEISS FLORIST

Debra Segal

"When you love what you do, it shows," says Debra Segal. "And I love what I do very much. That's why Edelweiss Florist is the little shop with the personal touch."

For Segal, being sole owner of a business like Edelweiss is the perfect position. She had been part of the industry for years — indulging her creativity and honing her skills at stores run by others. But working in a flower shop is rarely full time, unless you are the florist. When Segal purchased Edelweiss earlier this year, she solved that problem.

Now, Segal is matching her decade of design experience with Edelweiss Florist's own near 40 years of service to the Winnipeg area. The store prepares and sells arrangements for all occasions, including weddings, birthday parties, and funerals. Since Edelweiss is a one-woman operation, Segal keeps very busy.

Supplies must be picked up and stocked; flowers must be cleaned and cut. Segal also sets up her own deliveries; handles her own advertising and bookkeeping, and, of course, tidies the store. But customer service matters as much as any task — without it, there would be no Edelweiss.

"I remember a gentleman who wanted to send his wife flowers for their anniversary," says Segal. "He couldn't think of what to buy. We talked about it. I suggested he send an arrangement made with the same types of flowers they'd chosen for their wedding day. The day after his wife received them, I got a call from the man, thanking me for suggesting the perfect gift. Moments like this mean everything to me."

To learn more about Edelweiss Florist, visit edelweissfloristswinnipeg.com.

SINCERE SERVICE A NATURAL FIT

A1 NUTRITION PUTS CUSTOMERS FIRST

ISTOCKPHOTO/THINKSTOCK

"People first," says Felly Grieve. "Treat people right and you'll have the basis of a good business."

For Grieve, this is more than a maxim. It's part of a philosophy she has held to her entire life, from her formative years in the Philippines through to her current career as owner-operator of A1 Nutrition in Winnipeg. Wherever she has lived and whatever job she has had, putting the health and comfort of customers, clients and patients first has always paid off.

Grieve dreamed of being a doctor when she was young. In the Philippines, on her family's income, that wasn't an option. Instead, she became an accountant. Her work brought her to Edmonton in 1983, where she met her husband and began a family. It would be years before she found the career in health care she had hoped for.

In 1992, Grieve moved back to Winnipeg to purchase and run a group home for patients with schizophrenia. These patients needed help organizing their lives, from taking medication as directed to eating regular meals and keeping clean. She went on to seek a nursing degree as well.

Not long after she earned the degree, Grieve decided to focus her skills in accounting, business management, and hands-on patient care toward a single pursuit: Buying an A1 Nutrition store. Grieve remembers the process well:

"My husband and I had shopped at this store for years. I recalled being treated so wonderfully by an employee named Rose Bigornia. Rose had left the store, but I knew if I wanted to buy it and make it a success again, I needed her back.

"Rose was working full time at another health food store. She took a gamble, leaving that job to work for me, but she does not regret it. Neither do Janice Palmer, Briana Henry or Cherry Samarista, the other valuable members of our team. Hiring people skilled in customer service and passionate about this industry has made A1 Nutrition what it is today. I'm lucky to have them all."

To find out more about A1 Nutrition's products and services, call 204-475-7522, or visit Grieve's website at a1nutritiongrant.ca.

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Left to right: Janice Palmer, Certified Health Instructor and Trainor; Briana Henry in Nutritional Sciences, U of M; Rose Bigornia B.S.E., A.N.C., Manager Certified Natural Product Advisor, Applied Nutrition Specialist; Felly Grieve B. Comm., LPN, Proprietor, Certified Natural Product Advisor; and Maria Cherry Samarista, B.S. Medical Technology.
*The CONSUMER CHOICE AWARD™ is considered the seal of excellence. For recipients, the award not only constitutes the crowning achievement of their efforts, but more importantly, it also represents the most valuable reward of all, the knowledge that they have earned the trust and loyalty of consumers.

4

SPORTS

Jets preview

Winnipeg at Vancouver, 9 p.m. (TSN-Jets)

The Canucks (41-18-8) host the Jets (32-27-8), who are within two points of the Southeast Division leading Florida Panthers. Vancouver has won one of its last five games. After allowing three goals in the first five minutes of a 5-3 loss to Buffalo last Saturday, Roberto Luongo allowed four goals on 28 shots in a 5-2 loss to Dallas on Tuesday. Bryan Little has 11 points in the last eight games. Evander Kane has 14 points in the last nine games. Henrik and Daniel Sedin have combined for one point in their last six games.

THE CANADIAN PRESS

Alberta the easy winner in battle of Koe brothers

Yukon and Northwest Territories skip Jamie Koe, left, looks on as brother and Alberta skip Kevin Koe lines up a shot on Wednesday morning at the Tim Hortons Brier in Saskatoon. Kevin thumped his younger brother 11-3. The Territories (5-4) made it three losses in a row later in the day, losing to Manitoba's Rob Fowler 10-5. Manitoba (5-3) and Alberta (7-1) met in a late match, with Alberta having a chance to catch Ontario (8-1) for the top spot. Ontario and Alberta meet in the final round-robin draw Thursday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Goaltending the deciding factor

THE HOCKEY NEWS
Rory Boylen
winnipeg@metronews.ca

The Winnipeg Jets have passed their first two tests of March with enormous wins over division rival Florida and playwoff-race rival Buffalo.

The race for the Southeast and the No. 8 seed as opened up wide to include Florida, Washington, Toronto, Tampa Bay and Buffalo. Because the first three couldn't win any crucial games and struggled to put points on the board in their most important games, the hot Sabres and Lightning were allowed a second chance at survival.

There is one key area that will give teams that have it a major leg up on the competition as the regular season winds down: good goaltending. Buffalo crept back into the race because Vezina-caliber netminder Ryan Miller found his game after struggling through most of the season, while the Capitals' Tomas Vokoun was injured and the Maple Leafs' two-headed, unproven backstop beast played through painful inconsistency.

While it seems true the era of the year-in, year-out dominant goalie are behind us, the best goalies out there are still the biggest difference-makers in the league. Take one look at the two most surprising teams in the NHL this year, the Rangers and Blues, and you'll see Henrik Lundqvist, Jaroslav Halak and Brian Elliott have posted astonishingly successful seasons. While the teams as a whole have been better, it all starts with the boys in the blue ice.

And with 15 games remaining, a small sample size, the teams that get the best goaltending the rest of the way will end up in the top eight — it's as simple as that. At this point in the season, with the playoff race so tight with so many teams, if your goalie is going to allow three or four goals every game, you're not going to be able to earn the amount of points needed to get in.

The Jets certainly sit pretty here. Ondrej Pavelec has been the team's best player on many nights this season and some may argue the best for the team overall.

Considering the concerns some other teams have with their goaltenders, Winnipeg actually holds the ace in the Southeast right now.

If there is one thing to be concerned about when it comes to Pavelec, it's that he's about to cross over into new territory.

The most games he's ever played in one season was the 58 he logged a year ago, but before this month is out he'll have played more than 60 games. Whether this comes back around on him remains to be seen, but it's certainly something to keep an eye on.

But as of right now, if you had to bet on a team to win the Southeast, the Jets are in a good spot overall.

NFL

Colts release Manning after 14 seasons

Colts owner Jim Irsay says the team is releasing quarterback Peyton Manning after a 14-year run that included one Super Bowl title and four MVP awards. Irsay and Manning appeared together Wednesday at a news conference to announce the move.

THE ASSOCIATED PRESS

Soccer

Messi makes scoring history

Lionel Messi took his scoring prowess to yet another level on Wednesday, becoming the first player to net five goals in a Champions League game as Barcelona thrashed Bayer Leverkusen 7-1 Wednesday to ease into the quarterfinals. The 24-year-old Messi took his overall season tally to 48 goals.

THE ASSOCIATED PRESS

NHL

Lupul, Armstrong out for Leafs

Toronto Maple Leafs forward Joffrey Lupul will be sidelined for three to four weeks with a separated shoulder.

Lupul was injured on a hit from David Krejci in Tuesday's 5-4 loss to the Boston Bruins. Colby Armstrong was also injured in the game, breaking his nose in a fight with Dennis Seidenberg.

THE CANADIAN PRESS

Baseball

Darvish fans three in debut

Yu Darvish struck out three in two scoreless innings and made a run-saving play in his spring training debut during the Texas Rangers' 6-2 win over a split squad of San Diego Padres on Wednesday.

Pitching exclusively out of the stretch, Darvish threw 36 pitches, 26 for strikes.

THE ASSOCIATED PRESS

NBA

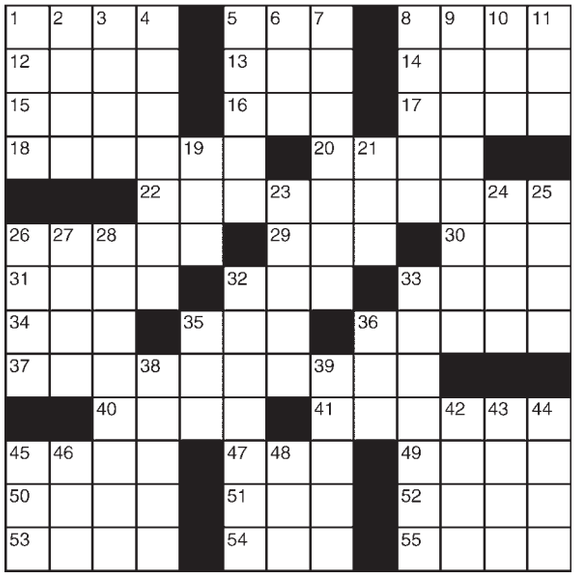
Raptors beat Rockets

DeMar DeRozan poured in 23 points as the Toronto Raptors rode a rare offensive outburst to a 116-98 win over the Houston Rockets on Wednesday night.

Linas Kleiza added 19 points while Jose Calderon had 17 points and 12 assists for the Raptors (13-26) who wrapped up a 2-2 homestand.

THE CANADIAN PRESS

Crossword



Across

1 Paddock papa
5 Rotating part
8 Lateen-rigged boat
12 Mideastern gulf
13 "The Greatest"
14 Architect Saarinen
15 Paper quantity
16 Under the weather
17 George Herman Ruth
18 Damage
20 Praise highly
22 Conclusive proof
26 Grip
29 Trigger's rider
30 Id counterpart
31 See 36-Across
32 Victory
33 Auction
34 — out a living
35 Lubricate
36 With 31-Across, 1957 Pat Boone hit
37 Forefront of activity
40 From square one
41 Etta James classic
45 "The Forsyte —"
47 $ dispenser
49 Perjurer
50 Paradise
51 Unruly group
52 Advan-tage
53 "The Da Vinci —"
54 "Mayday!"
55 Dilbert's workplace

Down

1 Ganges garment
2 Footnote word
3 Harvest
4 As a group
5 Egypt's capital
6 The whole enchilada
7 Top prize on many recent game shows
8 Fix, as software
9 Hats
10 Sphere
11 Misery
19 Mischievous tyke
21 Whatever number
23 Baleen whale's fodder
24 Wrinkly citrus
25 Christmas refrain
26 Staff leader?
27 Norse trickster god
28 Did a mean job?
32 Some Native American homes
33 Relieved
35 Individual
36 Pismire
38 Crazy
39 Poetic feet
42 Staffer
43 Droops
44 "Star —"
45 Moment
46 Commotion
48 Excessively

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

		C	E	L			Y	E	S			
	S	O	D	A		D	A	M	E	S		
U	N	L	I	T		A	C	C	R	U	E	
F	O	O	T	E	D	T	H	E	B	I	L	L
O	W	N		R	O	U	T	E		T	I	E
			F	A	R	M			D	O	D	O
	S	U	L	L	Y		P	A	D	R	E	
E	T	N	A			T	A	R	T			
F	O	R		G	A	I	T	S		P	I	G
T	O	E	I	N	G	T	H	E	L	I	N	E
	D	E	R	A	I	L		N	O	N	C	E
		L	I	S	L	E		I	O	T	A	
			S	H	E			C	P	A		

Sudoku

			7		1			
	8					6		
7	1	6				2	3	4
		3	9		4	5		
2								7
		8	5		2	6		
5	3	9				4	2	6
	2						1	
			4		5			

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

4	7	9	3	2	6	5	1	8
2	1	3	5	4	8	6	9	7
8	6	5	1	7	9	3	2	4
9	3	7	8	6	5	2	4	1
5	2	8	4	1	3	7	6	9
1	9	4	7	6	2	8	3	5
6	8	2	6	5	1	4	7	3
3	4	1	2	8	7	9	5	6
7	5	6	9	3	4	1	8	2

Send a kiss

- **Laughing.** He who has the last laugh laughs hardest and longest! =) From Out Loud
- **Sweet Art.** It took everything I had to give you a cupcake on Valentine's Day, and despite its heart box I felt that you didn't completely understand... Please open your eyes and look my way - I want to bake the next batch together with you. Boy Over Flour.
- **Yummi.** I hope that one day you will see this message that I left you just so you know how I feel. I want to tell you everyday but I can never find the courage. I think you're amazing, in every way. If there's one thing I know for sure it's how you make me feel. Me
- **Sebastion.** here i am<3 you just pucker up your lips like dis:P From fern
- **The Truth.** The truth is love, and no matter how much it's tough sometimes because love is a process of evolving and becoming more holy, we will all be ok. Just relax and let love grow. Monumental is the expression, in honesty, which can only create a happier, more honest truth to your life. Trust in your deeper way of feeling, and let it shine!

Weather

	TODAY	FRIDAY	SATURDAY
	MAX: -7° MIN: -10°	MAX: 3° MIN: -15°	MAX: 3° MIN: -4°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

Horoscope

♈ Aries | March 21 - April 20. Resist the urge to change methods for no good reason. New ways are not always better ways.

♉ Taurus | April 21 - May 21. Moderation is a must today. If you fly too high, for whatever reason, the full moon will bring you back to earth with a bump.

♊ Gemini | May 22 - June 20. Someone in a position of authority will make you an offer you find hard to refuse.

♋ Cancer | June 21 - July 22. If you let your imagination get the better of you, chances are you will overreact to something that isn't worth getting worked up about.

♌ Leo | July 23 - Aug. 22. Both the sun and moon highlight the more materialistic areas of your chart at the moment.

♍ Virgo | Aug. 23 - Sept. 22. Because today's full moon takes place in your birth sign, you may find it hard keeping your feelings under wraps. That's not bad.

♎ Libra | Sept. 23 - Oct. 22. Whether or not you enjoy what you have to do today depends entirely on your attitude.

♏ Scorpio | Oct. 23 - Nov. 21. If you want to show that you're not the secretive, suspicious textbook Scorpio type now is the time.

♐ Sagittarius | Nov. 22 - Dec. 21. Try not to come on too strong today, especially at work.

♑ Capricorn | Dec. 22 - Jan 20. You're in a positive frame of mind and that's good, but someone will try to burst your bubble over the next 24 hours.

♒ Aquarius | Jan. 21 - Feb 18. If you get involved in a war of words today your rivals may start thinking you have something to hide, and it could be that you do!

♓ Pisces | Feb. 19 - March 20. Don't give up on a relationship just because it is going through a rough patch. **SALLY BROMPTON**

Caption Contest

"What effect shall we cause today?"
Beth

RACHEL DENNY CLOW, CORPUS CHRISTI CALLER-TIMERS/ THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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